(translated into first century Aramaic)

Abwûn
"Oh Thou, from whom the breath of life comes,

d'bwaschmâja
who fills all realms of sound, light and vibration.

Nethkâdasch schmach
May Your light be experienced in my utmost holiest.

Têtê malkuthach.
Your Heavenly Domain approaches.

Nehwê tzevjânach aikâna d'bwaschmâja af b'arha.
Let Your will come true - in the universe (all that vibrates)
just as on earth (that is material and dense).

Hawvlân lachma d'sûnkanân jaomâna.
Give us wisdom (understanding, assistance) for our daily need,

Waschboklân chaubên wachtahên aikâna
daf chnân schwoken l'chaijabên.
detach the fetters of faults that bind us, (karma)
like we let go the guilt of others.

Wela tachlân l'nesjuna
Let us not be lost in superficial things (materialism, common temptations),

ela patzân min bischa.
but let us be freed from that what keeps us off from our true purpose.

Metol dilachie malkutha wahaila wateschbuchta l'ahlâm almîn.
From You comes the all-working will, the lively strength to act,
the song that beautifies all and renews itself from age to age.

Amên.
Sealed in trust, faith and truth.
(I confirm with my entire being)

NOTE! SOUND LIGHT AND VIBRATIONS. (FREQUENCIES
SOME NEGATIVE EFFECTS 1. FROM PULSATING SHINING SURFACES (MIRROW.)
2.STAGNATE WATER 3 .OLD RELIGUOS OBJECTS. 4 EMOTIONS WITH GIFTS.
5.ELECRICSCREENS----------

These are results for FREQUENCIESAFFECTINGA PERSON

Search instead for FREQENCIES EFFECTING A PERSON

AI Overview Frequencies significantly affect people through sound (influencing mood, brainwaves, relaxation/alertness via low/high tones), electromagnetic fields (potentially impacting sleep, stress from appliances/power lines), and specific therapeutic tones (like 528 Hz for healing or 432 Hz for harmony) that interact with the body's natural rhythms to alter brainwave states (Alpha for focus, Theta for creativity, Delta for sleep) and release beneficial neurochemicals, impacting both mental states and physical health. How Sound Frequencies Affect You

Low Frequencies (e.g., 0-200 Hz): Promote relaxation, collagen production, bone growth, reduced pain (like spinal disc issues), and activate the parasympathetic nervous system (slowing heart rate, lowering blood pressure).

High Frequencies: Can increase alertness, activate the fight-or-flight response (sympathetic nervous system), raising heart rate and stress hormones.

Brainwave Entrainment: Specific tones (like binaural beats) can guide brainwaves into desired states:

Alpha (8-12 Hz): Calm, focusTheta (4-7 Hz): Creativity, intuition.

Delta (0.5-3 Hz): Deep sleep, regeneration.

Beta (13-30 Hz): Alertness, problem-solving.

Gamma (30+ Hz): Peak cognition, flow states.

Therapeutic & Healing Frequencies (Solfeggio & Others)

528 Hz: Linked to DNA repair, transformation, and elevating oxytocin for well-being.

432 Hz: Resonates with natural rhythms, associated with harmony and stress reduction.

396 Hz: Helps release fear and guilt.

639 Hz: Improves communication and relationships.

Electromagnetic Frequencies

Environmental EMFs: Frequencies from appliances and power lines can interfere with the body's natural rhythms, potentially increasing stress, anxiety, and affecting immune function, though research is ongoing.

Inaudible Frequencies

Even inaudible high-frequency components in sounds (like certain music) can significantly affect brain activity, notes a study published on PubMed.